WHAT IS CLAIMED IS:

1. A method for tracking the viewing of stored video content comprising:

recording a video event;

displaying the recorded video event on a display screen having identified thereon at least one user who is to view the recorded video event;

entering by the user an option associated with the displayed recorded event; and

displaying the option on the display screen.

- 2. The method of Claim 1 wherein said recording a video event comprises recording a video event with a video recorder.
- 3. The method of Claim 2 wherein said video recorder comprises a personal video recorder.
- 4. The method of Claim 1 wherein said option comprises an indicator that the video event has been viewed.
- 5. The method of Claim 1 wherein said at least one user comprises a first user and a second user.
- 6. The method of Claim 5 wherein said entering an option comprises said first user entering an indicator that the recorded video event may be erased by the second user.
- 7. The method of Claim 6 additionally comprising erasing by the second user the recorded event.
- 8. The method of Claim 1 wherein said recording a video event comprises recording the video event with a computer.

- .9. The method of Claim 1 wherein said entering an option comprises registering an interest in the content of the recorded video event.
 - 10. The method of Claim 9 wherein said registering an interest protects the recorded video event from being erased.
 - 11. The method of Claim 10 wherein said registering an interest is kept from erasure by others through a user password.
 - 12. The method of Claim 4 additionally comprising registering an interest in the viewed recorded video event.
- 13. The method of Claim 12 wherein said registering comprises circumscribing the indicator.
 - 14. The method of Claim 12 wherein said registering comprises circumscribing the indicator with a box-like mark.
 - 15. The method of Claim 1 additionally comprising protecting the displayed option.
 - 16. The method of Claim 15 additionally comprising releasing the protection from the displayed option.
 - 17. The method of Claim 1 additionally comprising automatically erasing the recorded video event after the user has viewed the recorded video event.
 - 18. The method of Claim 1 additionally comprising display the option on a program timer of a personal video recorder.

19. A machine-readable medium having stored thereon instructions for:

recording a video event;

displaying the recorded video event on a display screen having identified thereon at least one user who is to view the recorded video event;

receiving an option associated with the displayed recorded event; and

displaying the option on the display screen.

20. An apparatus for recording a video event comprising: means for recording a video event;

means for receiving from the user an option associated with the recorded event; and

means for displaying the recorded video event, the at least one user who is to view the recorded video event, and the option entered by the user and associated with the recorded video event.

21. An apparatus for recording a video event comprising: a recorder for recording a video event;

an option associated with the recorded event and received from a user; and

a display screen for displaying the recorded video event, the at least one user who is to view the recorded video event, and the option entered by the user and associated with the recorded video event.